



June 28th – July 4th

Monday

Portobello Asada Tacos

Tuesday

Thai Chicken Larb Salad

Wednesday

One Pan Spanish Chorizo & Shrimp

Thursday

Peach, Jalapeno & Shrimp Ceviche

Friday

Chimichurri Steak Salad

Saturday

Charred Snap Pea & Bacon Salad with Creamy Herb Dressing

Sunday

Loaded Hamburgers with Special Sauce



Shopping List – June 28th – July 4th

Produce

- | | | |
|-------------------------------------------------------|-----------------------------------------------------|-------------------------------------------------------|
| <input type="checkbox"/> 9 Limes | <input type="checkbox"/> 2 heads of Garlic | <input type="checkbox"/> 1 bunch of Asparagus |
| <input type="checkbox"/> 2 heads of Butter Lettuce | <input type="checkbox"/> 2 pints of Cherry Tomatoes | <input type="checkbox"/> 1 bunch of Mint |
| <input type="checkbox"/> 5 cups mixed greens/lettuce | <input type="checkbox"/> 1 Cucumber | <input type="checkbox"/> 1 bunch of Dill |
| <input type="checkbox"/> 1 lb of Sugar Snap Peas | <input type="checkbox"/> 5 Tomatoes | <input type="checkbox"/> 1 bunch of Oregano |
| <input type="checkbox"/> 4 large Portobello Mushrooms | <input type="checkbox"/> 1 Peach | <input type="checkbox"/> 1 bunch of Flat Leaf Parsley |
| <input type="checkbox"/> 3 Yellow Onion | <input type="checkbox"/> 1 Avocado | <input type="checkbox"/> 1 bunch of Tarragon |
| <input type="checkbox"/> 4 Shallots | <input type="checkbox"/> 4 Jalapeno Peppers | <input type="checkbox"/> 2 bunches of Cilantro |
| <input type="checkbox"/> 5 small Red Onions | <input type="checkbox"/> 1 Fresno Chili Pepper | |
| <input type="checkbox"/> 1 bunch of Scallions | <input type="checkbox"/> 2 bunches of Radishes | |

Proteins

- | | |
|---------------------------------------------------------------------|------------------------------------------------------------|
| <input type="checkbox"/> 1 lb of Ground Beef | <input type="checkbox"/> 9 oz of Chorizo Sausage |
| <input type="checkbox"/> 1.5 lb of Ground Chicken | <input type="checkbox"/> 13 strips of Bacon |
| <input type="checkbox"/> 0.75 lbs boneless Sirloin or Rib-eye Steak | <input type="checkbox"/> 1lb of Shrimp peeled and deveined |

Pantry Items

- | | | |
|-----------------------------------------|-----------------------------------------------------------|------------------------------------------|
| <input type="checkbox"/> Salt | <input type="checkbox"/> Apple Cider Vinegar | <input type="checkbox"/> Pickles |
| <input type="checkbox"/> Black Pepper | <input type="checkbox"/> White Wine Vinegar | <input type="checkbox"/> Chicken Stock |
| <input type="checkbox"/> Coconut Aminos | <input type="checkbox"/> Red Wine Vinegar | <input type="checkbox"/> Chili Flakes |
| <input type="checkbox"/> Fish Sauce | <input type="checkbox"/> ¼ cup Orange Juice | <input type="checkbox"/> Cumin |
| <input type="checkbox"/> Olive Oil | <input type="checkbox"/> Pickles | <input type="checkbox"/> Dried Coriander |
| <input type="checkbox"/> Mayonnaise | <input type="checkbox"/> Tomato Paste | <input type="checkbox"/> Paprika |
| <input type="checkbox"/> Sesame Oil | <input type="checkbox"/> 1 - 14oz can of Chopped Tomatoes | |
| <input type="checkbox"/> Dijon Mustard | | |